

MASSAGE A GIFT OF LOVE FOR THE HOLIDAYS !

Yes, we are entering into the wonders of the fall season. The leaves on the trees are changing to the warm colors of rich gold and orange. We hear the familiar crunching sounds of the leaves under our feet as we take our walks. Each day brings us closer to the excitement of holidays.

With all the excitement of the upcoming holidays comes the additional stress. Most of us have such busy lives already, adding on the demands of the holidays we begin to rattle.

As I spoke to friends and clients about what to write in this article, the resounding answer was the cause and effect of stress. Many of the clients I have seen over the years are caregivers; either they are parents caring for their children, or adult children taking care of their parents. Then you add on the demand as the breadwinner for the family. Now if that isn't enough we have our children in outside school activities; for example, daisy, brownies, boy scouts, soccer, football, cheerleading, gymnastic, and music lessons. To top it off we have all the doctor and dentist appointments, and possibility hospital visits, and financial management for ourselves and for our parents. All of our daily tasks take a major toll on our bodies, emotionally and physically.

So my question to you is how do you take care of yourself? How can you continue giving quality care to your loved ones, if you don't replenish yourself!

When was the last time you did absolutely nothing at all? No, I don't mean reading a book or watching TV or taking in a movie, *just simply resting your body, mind and soul?* Receiving a massage will allow you to accomplish the hardest task of "doing nothing at all".

Massage therapy is preventive medicine because it affects all the systems of the body - in particular, the muscular, circulatory, lymphatic (immune) and nervous systems. Massage will release the stress and tension held within your muscles, increases blood circulation, increases lymph flow, and reduces heart rate and blood pressure.

I would be very happy to have the opportunity to work with you and/or your loved one and help determine the specific areas you may be holding your tension. You may request a *Swedish Massage*-providing a softer touch, or a *Deep Tissue Massage*-to work out specific tight areas, or a *Hot Stone Massage*-soothing the cold of the day and the tightness of your muscles or try the *Raindrop Technique*, using Young Living essential oils to detoxify your entire systems. Whichever you chose, you will lay down on a heated table with soft serene music playing in the background as all your troubles drift away.

Consider purchasing a Massage or a Massage Package for a holiday gift. Such a gift will show how much you care for your family and friends whole being; Body, mind and Soul.

My facility is conveniently located within one of Barrington Quaint Old Houses, east of downtown near the metro parking. Our clients feel they are coming into our home, welcomed by a warm and friendly environment. I encourage you to provide me the opportunity to experience first hand this preventive medicine.

Happy Holidays!

Warmly,

Trish Irwin

Testimonials

“I just wanted to thank you for the wonderful massage. I had been getting massages on a regular basis, and quite frankly didn't feel the need to see another massage therapist. Fortunately, I decided to give you a try.

Not only was the atmosphere soothing and relaxing, but your professional manner made me feel comfortable immediately. So comfortable, in fact, that I didn't want my 90 minute session to end. You found areas that needed healing that I never knew existed. As a result, I honestly have to say that I have never felt more relaxed, refreshed, and "de-stressed."

I will definitely be back. Thanks again.”

Gayle Davis

“My testimonial would be that I always feel *so* much better after a massage. It's a special treat - a renewal of mind-body-spirit. Like so many women, I tend to put myself last. Massage is one of the ways to put yourself in the number 1 slot, even if just for 60 or 90 minutes.

If there's something special that we're working on - like a painful knee, for instance, then that part feels better, but more likely the next day. Perhaps those toxins need a little time - and a lot of fluids - to work their way out.”

Diane Pelletiere

‘I have been seeing Trish Irwin for almost a year. Having injured a major muscle in my left leg while professional dancing as a young adult, I need continual Massage Therapy. I have only 80% usage of that muscle causing strain on all other muscles on a daily basis. If not treated by massage I end up in a lot of pain going from my knee to my neck. I require many different kinds of massage techniques including deep tissue and myofacial.

Not only did Trish listen to my history but advised me on the difference between what may feel good to me at the moment may not actually be what my body needs. She took the time to explain to me that attacking the muscles weekly by just deep tissue therapy does not actually benefit me as the muscles need to be coached into releasing all the

tension and build up slowly so as not to have them bounce right back the next day. I listened to Trish's advice and was very impressed by her knowledge and extensive understanding of muscles and tissues.

Trish really cares about her clients and their needs and is there to help and contribute to your well-being – not just a job but a life choice on her part.

Maybe we need to all take a look at what we choose to do in life and if we have the same knowledge and dedication as Trish. Needless to say I have greatly improved in my areas of pain and I am extremely happy with Trish's work.

I highly recommend anyone in need of relaxation, tension release or specific problem areas to visit with Trish as I know you will return to her again and again.”

Patricia Forde

“Receiving an hour body massage with Trish is as relaxing and refreshing as the feeling my body experiences after a good night's rest. The stress stored in my muscles is greatly diminished and if I have three or four consecutive weekly sessions, my muscles are no longer knotted and I am better able to cope with any new stressful situations. When my body is more relaxed I generally feel happier and am less likely to hold in stress.’

Rita

Biography

Trish Irwin has been practicing massage for the past four years in the Barrington, Deer Park and Palatine areas. She has lived in Palatine for the past twenty years and resides with her husband, Ron. Trish is National Certified, State Licensed, Licensed in the Village of Barrington, and Member of the American Massage Therapy Association. Trish has extensive training from Chicago School of Massage Therapy, Certified in Myofascial Release, Certified in Pregnancy Massage, Certified as an Infant Massage Instructor and trained in Young Living Raindrop Technique Massage.

Holiday Specials

Purchase Individual Massages
Or Massage Packages of 3, 6 or 10 Sessions
60 or 90 Minute Massages – 10% Off

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Shaklee Distributor!

Offering \$2.00 off Retail Price
Stress Relief Complex

